



Sgt. 1st Class Hazel Donato (right), HIARNG, asks Indonesian soldiers to find the distance between two points on a military map during the NCO Subject Matter Expert Exchange.

The map reading exercise took place at the PUSDIKIF Infantry Education Center in Bandung, Indonesia, Feb. 26. It is designed for military personnel from Hawaii and the

Indonesian NCOs to learn each other's military tactics, procedures and culture, all while building a lasting friendship during the SMEE.

# HIARNG, Indonesian soldiers share military tactics

Story and photos by  
**SGT. 1ST CLASS THEANNE HERRMANN**  
Army News Service

BANDUNG, Indonesia — Six members of the Hawaii Army National Guard participated in Hawaii's State Partnership Program's seventh Noncommissioned Officer Subject Matter Expert Exchange (SMEE), here, Feb. 22-26.

The exchange is designed for NCOs from Hawaii and Indonesia to learn each other's military tactics, procedures and culture while building lasting friendships.

"This is a great opportunity for us to build interoperability and capacity as NCOs in support of the U.S. Pacific Command's theater security cooperation plan," said Sgt. Maj. Ronald Oshiba, HIARNG operations senior enlisted adviser.

Thirty-one Indonesian soldiers, divided into four squads, were assigned an HIARNG mentor to learn classroom and hands-on instruction. Topics such as leadership, rank structure, how to evaluate a casualty, map reading and how women have evolved in the U.S. military were covered.

"The class about women in the military was enjoyable and very interesting," said Second Sgt. Dara Indah, the first female Indonesian NCO to attend the course. "It gave me motivation and inspires me to do my best. It made me more proud to be a woman in the Army."

Mentors from the Indonesian army presented classes on their basic rank structure and the 11 principles of leadership they live up to.

"We benefit greatly from the Indonesian Army, because we learn the way they operate, while exchanging experiences and culture," said

Sgt. 1st Class Christian Stazskow, SMEE mentor. "Culturally, we are a lot alike. The hardest part of this exercise is saying goodbye because after a week of training together we develop a lifelong friendship."

"We have a great partnership," said Chief Sgt. Hardi Kurmiwan, Indonesian Army.

"We learn from the U.S. Soldiers and they learn from us. ... We train together," he said.

Every morning before training began, each squad performed a motivational motto, a loud rhythmic chant.

"Our squad leaders always encourages us to do our motto, so all of us go to class with the same spirit," said Kurmiwan. "So, when we yell and clap, the person with no spirit will forget his problems."

Stazskow plans on using this technique at home to motivate his Soldiers.

"The best thing I can bring back home for my Soldiers is the Indonesian NCO spirit," said Stazskow. "They have the greatest spirit out of any Soldiers I have ever met. They come with a positive attitude and are fully engaged while they train."

After the classroom instruction, the troops applied what was learned in the field during an infantry patrol practical exercise.

"The exercise is a new thing for some of us," said Sgt. Maj. Tommy Effendi, Indonesian army. "I learned that the U.S. Army really appreciates life; the safety of your Soldier is a priority. If one of your Soldiers is injured, you carry them to safety, treat their wounds and you never leave them behind. The U.S. really respects humanity and human rights."

Effendi mentioned that he hopes the NCO exchange will con-

tinue not only next year, but also for many years to come.

"We are looking forward to continuing and enhancing our partnership because I feel that our NCOs have learned just as much as we have shared," said Sgt. Maj. Ronald Oshiba. "I know we are going to go back to the U.S. as better NCOs ourselves."



Indonesian NCO Second Sgt. Dara Indah demonstrates how to check an unresponsive person's airway for blockage, with Sgt. 1st Class Christian Stazskow, HIARNG, role playing the part of a victim, Feb. 25.

# Senior logistics personnel learn new skills at seminar

Story and photo by  
**SPC. JAIME RUIZ**

8th Theater Sustainment Command Public Affairs

FORT SHAFTER — Thirty logistics Soldiers in the 8th Theater Sustainment Command participated in a Design and Innovative Method Thinking class, Feb. 22-24, at the dining facility, here.

The DIMIT staff training seminar and workshop was a class to learn skills needed to assess situations from different perspectives and to create solutions if problems are identified.

"We were taught a new method of innovative problem solving with the intent that this would enhance communication between the various staff sections in order to encourage us to come up with a better way to solve problems," said Capt. Sharon Cordello, an administrative law attorney for 8th TSC.

The group of 30 was separated into four smaller teams. When split apart, they all came up with their own ideas and how they would like to implement them into the projects they were working on.

"The diverse group, consisting of Soldiers from 8th TSC Human Resources, Operations and the 8th Human Resource Support Center,



From right, Capt. Lauren Blanton, Sgt. 1st Class Raydeen Edwards Jr. and Sgt. 1st Class Akeem Stalling, 8th TSC, problem solve as a team during the workshop portion of the DIMIT class, Feb. 23. DIMIT staff training seminars and workshop classes give participants the tools to assess situations from a different perspective.

were provided with problem sets from the senior command," Cordello explained.

All members identified to participate in this training were senior enlisted and officers with-

in the 8th TSC who would immediately benefit from this strategic way of assessing situations.

Chief Warrant Officer 4 Jeff Lein, the training planner with the commander's initiative group for the 8th TSC, said his role in the 8th TSC is to facilitate the commanding general's intent to provide innovative training techniques to staff in support of future planning and operations.

"In almost every organization, military or civilian, they're going to experience internal problems, and oftentimes they will succumb to failure in predictable ways," said Lein.

This training will focus on developing leaders who can be resilient, adaptive and innovated while removing their personal bias, allowing them to identify the best approach or solution for a situation.

"What I want them to get out of the class is the ability to design innovative changes to Army culture," said Dr. Helen Horvath, the lead instructor and founder of Ilka Technology, Inc.

With the assistance of Horvath and her team, the Soldiers were able to demonstrate this new way of thinking that they will be able to use throughout their careers and pass down to future Army leaders.

# Army wants lighter, better protective equipment for warriors

**C. TODD LOPEZ**  
Army News Service

WASHINGTON — The Army's been focused on lightening the load carried by Soldiers for some time now, in both equipment and protective gear.

The effort has benefited Soldiers in combat units, and it will benefit the female Soldiers who will join combat units in the future, Army leaders told congressmen.

"We approach the Soldier protection system from the level that we always want to find ways to improve its capability but also lighten the load — whether you are talking about the protective vest or you are talking about the helmet," said Lt. Gen. Michael E. Williamson, the military deputy to the assistant secretary of the Army for acquisition, logistics and technology. "It has nothing to do with whether you are a male or female. We can't burden our Soldiers with more weight."

Both Williamson and Lt. Gen. John M. Murray, deputy chief of staff,

Army G-8, testified, March 2, before the House Armed Services Committee, subcommittee on tactical air and land forces.

Williams told lawmakers the Army has also made "considerable progress" in development of Soldier protective gear and uniforms that fit all sizes and shapes of Soldiers, and that the effort was designed from the beginning to benefit Soldiers, regardless of gender.

"We've added eight additional sizes, based on a better understanding of the stature (of Soldiers)," he said. "It's not just being smaller; it's (about) proportions. That's why there are so many additional sizes. Anybody who has worn a piece of body armor knows it's inconvenient enough without being able to appropriately size it."

With new protective equipment, the Army has looked at the torso portion, which features hard armor, as well as the extremities protection, which features soft armor. Changes were made to be more formfitting.

The Army's procurement objective for more formfitting body

armor is about 7,200 sets, and so far, about 5,500 such sets have been fielded, Murray said.

Murray also said that Army efforts to "lighten the load" extend beyond just body armor. Those efforts extend to all kinds of gear, including weapons systems. Army efforts also include development of systems to carry the heaviest of gear for Soldiers.

"There is a very conscientious effort, and we are making pretty good progress on lightening the launch unit for the Javelin, on lightening tripods for the machine guns, on lightening the machine guns themselves," Murray said.

He told lawmakers the Army is also working on development of "a robot that follows a squad that could take anywhere from 300-1,200 pounds off of an infantry squad ... and carry the load for them, so they are not carrying that equipment."

Such a system, he said, would act as a battery charger, as well, and that means Soldiers would need to carry fewer batteries with them on the move.





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# Prevent break-ins, keep your vehicles safe

**COL. DUANE R. MILLER**  
Director, Emergency Services  
U.S. Army Garrison-Hawaii, and  
Commander, 8th Military Police Brigade,  
8th Theater Sustainment Command

As we come to the end of the second quarter of the fiscal year, we’ve noticed an uptick in vehicle break-ins on some of our installations.

I wanted to take this opportunity to discuss what we’re seeing and how to minimize your risk of becoming a victim of theft of, or from, your vehicle.

Military installations are typically safer environments than the communities that surround them, especially when situated near major metropolitan areas. Army installations in Hawaii are no exception.

While we’ve noticed a trend of vehicle break-ins over the past couple of months, data from the first three months of the fiscal year (October-December, 2015) shows that the number of vehicle break-ins on U.S. Army Garrison-Hawaii installations is low, with 20 break-ins over a three-month period compared to 659 in the communities surrounding our installations. That’s just 2.9 percent of all incidents.

During this same time period, there were a total of 304 vehicle thefts, none of which occurred on Army installations.

While crime is certainly not rampant on our posts (contrary to some of the rumors circulating out there), there are certain things that you can do to help yourself from being victimized.

Most, if not all, of the vehicle break-ins that we have seen thus far since January on our installations occurred in unsecured vehicles with valuables left in plain sight. The trend shows us that these break-ins are targets of opportunity.

There are certain steps that each of us can take to make the chance of being caught greater than the reward of breaking into a car.

●**Lock your car!** Criminals tend to avoid causing



File photo

**Motorists should lock their vehicles and hide/secure valuables to prevent easy access by criminals.**

noise as it draws attention. A locked vehicle, in and of itself, may deter the individual and make him seek an easier target.

●**Hide your valuables from plain sight or take them with you.** Even if a criminal is intent on breaking into your car, the appeal is based on what can quickly be taken.

Don’t leave items in your car that can easily be taken and sold. In addition, don’t leave traces of items in your vehicle that would indicate that a valuable item may be left behind (e.g., a cable from your stereo that would connect an iPod or a suction cup that may hold a GPS).

●**Finally, take the time to record the serial numbers of valuables that you typically transport in your vehicle.** While this may not prevent a theft, it will be helpful to law enforcement personnel and when you file an insurance claim.

We understand that there is a certain expectation of increased safety on military installations. While the data collected confirms that we are by far safer from property crimes than our neighboring communities, we will likely never be crime-free.

By taking a few precautions though, we can lessen the appeal of engaging in certain crimes on our installations.

## Police Blotter

The following offenses occurred on Army installations in Oahu North and South during the period of Feb. 16th through March 1st.

### Army North

- 3- Driving under the influence
- 1- Fleeing the scene of an accident
- 22- Traffic violations
- 2- Traffic accidents
- 4- Failure to obey general order
- 1- Wrongful possession other drugs
- 1- Aggravated assault
- 6- Assaults
- 2- Burglaries
- 7- Unlawful entries
- 1- Assault with intent to commit burglary
- 8- Larceny of private property
- 1- Larceny of private funds
- 3- Wrongful damage to government property (negligence/willful)
- 3- Wrongful damage of private property
- 1- Shoplifting

### On the Web

Find out information such as gate access procedures and gate hours, details about neighborhood watch program, vehicle registration and weapons registration online. Additionally, telephone num-

### Army South

- 2- Driving under the influence (without personal injury)
- 5- Traffic accidents
- 11- Traffic violations
- 5- Careless or reckless driving
- 1- Resisting apprehension by MPs
- 1- Drunk and disorderly
- 3- Assaults
- 2- Missing persons
- 2- Communicating a threat
- 1- Burglary
- 1- Unlawful entry
- 1- Larceny of government property
- 1- Larceny of private property
- 1- Wrongful damage to government property (negligence/willful)
- 1- Wrongful damage to private property

bers are provided to contact personnel.

Visit [www.garrison.hawaii.army.mil/des/default.htm](http://www.garrison.hawaii.army.mil/des/default.htm) for more information on the U.S. Army Garrison-Hawaii Directorate of Emergency Services.



**Q** Why does the Hawaii Army Weekly publish courts-martial findings?  
**A** The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

## Sgt. reduced to E-1, gets bad conduct discharge from Army

The 25th Infantry Division Staff Judge Advocate posts the following courts-martial result.

On Feb. 24, a sergeant in Company C, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th ID, was found guilty of two specifications of assault consummated by battery. He was sentenced to reduction to private (E-1), confinement for three months and to be discharged from service with a bad conduct discharge.

## 5 STEPS in FAITH

# Fresh air openness withers away seeds of despair

**CHAPLAIN (MAJ.) SCOTT F. KENNAUGH**

3rd Brigade Combat Team  
25th Infantry Division

What’s underneath of your uniform jacket?

Yes, wearing the uniform identifies us as Soldiers. It provides camouflage in the field and gives us the uniformity that says “we belong.”

It also marks us as a unique class of leaders in our country.

All these things are what the uniform shows on the outside, but I’m asking you about what’s underneath besides a tan or brown tee shirt.

*Easy question, chaplain!*

But what’s underneath that?

*Well, skin, and maybe ink.*

And under that? Yes, it’s getting to be a personal question, because most of us want people to see us only from the outside. And most of us want to



Kennaugh

look the same as the people we hang out with, to show that we belong.

Mostly, we all look pretty good on the outside, but don’t dodge my question!

Underneath, below the surface, beyond skin-deep, is where we really live. That’s the real you. Are you healthy and confident?

*Sometimes, in some places.*

Do you enjoy success and friendship?

*Sometimes, maybe less often.*

Is there hurt, guilt, isolation? Maybe more than we like to admit. It’s hard to show, and that’s why we keep it there,

underneath. Because nobody else has that stuff underneath, not like you do, anyway ... right?

And who will let that show on the outside? Look around. Almost nobody!

But honestly, everybody has some of that underneath. If I know that I do, and you know that you do, so why do we hide it from each other? Why do we pretend that there’s nothing difficult underneath?

There are many reasons, lots of excuses, but mostly, because of things like shame, mistrust and guilt. These are seeds of hopelessness, helplessness and worthlessness. These seeds take root and grow there, underneath.

What can we do to weed them out? What kills these seeds from the root?

I’ll tell you what: Openness. Sunlight. The fresh air of bringing them to the outside withers them away. Sometimes it shows the work to be done if

the roots are deep, but you can finally get a hand with that work.

That’s the beauty of having even one good friend. If you have one person you can trust with what you have underneath, you can root that out together. And you know that they have something underneath, too, so you can bring it into the light together.

Who do you have that you trust? Who trusts you?

The challenge is isolation, but the joy is in friendship and community. As we come to know each other honestly and recognize that we all have things underneath that we are working to root out, we can give and receive trust and support, grace and forgiveness. And we build real friendships that are more than just looking good and fitting in.

It all starts by looking to see what you have underneath your jacket.

Voices of Ohana

It’s National Sleep Awareness Week, so we asked,  
"What tricks do you use to fall asleep?"  
(See p. B-6 for tips!)

by Spc. Patrick Kirby, 3rd Brigade Combat Team, 25th Infantry Division



“I just start reading or go for a run.”

Sgt. 1 Class Carlos Cruz, Chemical specialist, HHC, 29th BEB, 3rd BCT, 25th ID



“I listen to some ‘Sublime,’ usually.”

Spc. Brock Mason, Medic, Troop C, 3-4th Cav. Regt., 3rd BCT, 25th ID



“Putting on some chill trap music.”

Pfc. Julio Naranjo, Infantryman, Co. A, 2-27th Inf. Regt., 3rd BCT, 25th ID



“Listening to jazz music usually does the trick.”

Spc. Jake Robles, Fire support specialist, Battery C, 3-7th FAR, 25th DIVARTY



“Listening to music soothes me to sleep.”

Spc. Freddie Rodriguez, IT specialist, HHT Troop, 3-4th Cav. Regt., 3rd BCT, 25th ID



HIARNG 29TH IBCT



Photos by Spc. Matthew A. Foster, 117th Mobile Public Affairs Detachment

**KAPOLEI — Brig. Gen. Bruce E. Oliveira delivers remarks during his retirement reception at the 29th Infantry Brigade Combat Team Readiness Center in Kapolei, March 5.**



**Hawaii Army National Guard Soldiers render salutes to Oliveira at the 29th Infantry Brigade Combat Team Readiness Center in Kapolei on March 5.**

# New CSM in for Regional Health Command-Pacific

Story and photo by  
**MASTER SGT. ANTHONY ELLIOTT**  
Army News Service

**TRIPLER ARMY MEDICAL CENTER —** The Regional Health Command-Pacific continued a time-honored Army tradition on March 4 by conducting a change of responsibility ceremony, here.

Command Sgt. Maj. Robert Luciano relinquished his senior enlisted responsibilities for the RHC-P to Command Sgt. Maj. Richard Watson III.

The ceremony was at Kyser Auditorium, here, and was hosted by Brig. Gen. Patrick Sargent, commanding general, RHC-P.

Luciano now prepares to move on to assume the responsibilities as the senior enlisted adviser of the Defense Health Agency for the Department of Defense, after serving the RHC-P during a period of unprecedented growth and development.

During Luciano's time as the senior enlisted adviser, the Regional Headquarters went from a dual command, hospital centric, medical command (the then Pacific Regional Medical Command, or PRMC/Tripler Army Medical Center, or TAMC), transforming into the robust, strategic-focused, Regional Health Command, which it is today.

Luciano also saw the RHC-P grow in size and scope, with the U.S. Army Public Health Command Pacific; the U.S. Army Dental Command-Pacific; Madigan Army Medical Center at Joint Base Lewis-McChord, Wash.; Bassett Army Community Hospital at Fort Wainwright, Alaska; and the U.S. Army Health Clinic at the Presidio at Monterey, Calif., all becoming direct reporting units/Health Readiness Platforms of the RHC-P.

"Your legacy is going to endure for a long time," Sargent said. "I thank you and Kathy for the outstanding commitment and loyalty to the Pacific. ... We have benefited greatly from your leadership and stellar example of humility and compassion."

Sargent also offered a heartfelt welcome to Watson and his wife, Diana, and officially brought them into the RHC-P ohana.

Watson comes to the RHC-P after serving as the senior enlisted adviser of the Fort Belvoir Community Hospital.

"I will leverage enlisted leaders to optimize the wellness and readiness of the force by leveraging our Health Readiness Platforms to shape a globally ready medical force," Watson said. "As a team, we will be successful, continuing to build upon the great successes the RHC-P has already established."



**Command Sgt. Maj. Timothy N. Johnson (right), outgoing senior enlisted adviser, 3rd BCT, 25th ID, receives his permanent change of station award from Maj. Gen. Charles A. Flynn, commander, 25th ID. Command Sgt. Maj. Alan E. Michaud assumed responsibility of the brigade from Johnson.**

# ‘Broncos’ hold change of responsibility for senior NCO

Story and photo by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

**SCHOFIELD BARRACKS —** Soldiers of the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, held a change of responsibility ceremony on Weyand Field, here, March 1.

After 28 months as the Broncos’ senior enlisted adviser, Command Sgt. Maj. Timothy N. Johnson, relinquished responsibility to Command Sgt. Maj. Alan E. Michaud.

“I’ve been blessed to have Command Sgt. Maj. Johnson with me throughout my time in the brigade, and it is with a deep, deep gratitude that I send him on his way,” said Col. Scott W. Kelly, commander, 3rd BCT. “(He) has been an outstanding command sergeant major for the brigade and a key adviser for me personally.”

Kelly remarked on Johnson’s positive touch left on the Bronco Brigade prior to his departing for his new duty station in Germany.

“(His) service to the brigade made us individually and collectively so much better in so many ways,” Kelly said, challenging the Broncos to consider how little things matter, to lead by example and to invest in their people. “These three traits define Command Sgt. Maj. Johnson for me and harken to a significant impact he had on this brigade.”

Johnson had spent five years in the brigade, assigned to 2nd Battalion, 27th Inf. Regiment (2000-2005). He described how proud he was to lead the Broncos as their command sergeant major in October 2013.

“I’m personally very grateful for the opportunity to have served beside you,” Johnson said. “I’d like to thank you for all you’ve done for this brigade and the Soldiers that comprise it.”

Incoming Michaud, arriving from the 1-506th Inf. Regt., 1st BCT, 101st Airborne Division, is honored to be the senior enlisted adviser for the brigade.

“Thank you for the trust and confidence in allowing me to assume responsibility of this great brigade,” Michaud said.



**Command Sgt. Maj. Richard Watson III (left), incoming senior enlisted adviser, accepts the colors from Brig. Gen. Patrick Sargent, commander, RHC-P, during a change of responsibility ceremony, March 4, at TAMC's Kyser Auditorium. Watson accepted responsibility as the RHC-P senior NCO from Command Sgt. Maj. Robert Luciano (right).**



# First Lady lets women veterans know to tell their stories

**KAREN PARRISH**  
DoD News, Defense Media Activity

WASHINGTON — First Lady Michelle Obama had a message for women veterans, March 2: “Tell your story.”

The first lady and Dr. Jill Biden, wife of vice president Joe Biden, attended an annual Women’s History Month reception, honoring women veterans and hosted by House Minority Leader Nancy Pelosi at the Capitol’s National Statuary Hall.

Retired Air Force Brig. Gen. Wilma L. Vaught was singled out for honors at the reception. The first woman comptroller selected for the rank of brigadier general, Vaught served after her military retirement as president of the board of directors for the Women in Military Service for America Memorial Foundation Inc. until January of this year.

**Women in ‘just about every role and rank’**

Obama called Vaught “one of the most inspiring, trail-blazing women I have ever met.”

“Thanks to brilliant, fearless women like Gen. Vaught, today more than 200,000 women are serving our country in just about every role and rank,” the first lady said. “They are flying fighter jets, training new recruits, they’re graduating Army Ranger School – and I met those graduates. They are awesome – fierce. And as you’ve already heard, they will soon be welcome in every

combat unit in our armed forces.”

But “the striking reality,” Obama said, is that those women in uniform and three million living women veterans “still face plenty of challenges as they serve this country and then transition back to civilian life.”

**Missing out on benefits**

Many women who have served don’t self-identify as veterans, she said, and they thus miss out on benefits they have earned. Only one in 10 take advantage of GI Bill benefits.

“When you meet these women and you hear their stories, you begin to understand why they might be reluctant to tell,” she said.

Obama said women veterans she has spoken with have experienced disbelief, outdated assumptions or misguided questions about their service.

“When these women have sacrificed so much and served so bravely, they should never have to hide their accomplishments,” she said. “They should never have to worry about whether their service will be valued equally. And just like every veteran who has served this country, they should be getting every single one of the benefits they’ve earned.”

**Taking action for veterans**

The first lady pointed to improvements in re-



Courtesy of [www.WhiteHouse.gov/JoiningForces](http://www.WhiteHouse.gov/JoiningForces)

**First Lady Michelle Obama encourages women to ‘Join Forces’ and tell their stories of military life.**

cent years. With Veterans Affairs funding now at “unprecedented levels,” she said, women’s VA health outreach efforts are improving.

“We’ve trained 2,400 veteran health care providers in women’s health, and established a designated women’s health provider at every VA

medical center in the country,” she said.

Obama challenged her audience and “folks around the country” to take action on behalf of women veterans: Legislate for them. Aid in their transition to civilian life. Commit to giving them jobs.

To women veterans she said, “I want to ask you to stand tall and share your story.”

Veterans develop skills “that uniquely set you apart,” she said.

“All of you learned how to build a team and lead others under pressure, and complete any mission in front of you no matter what it takes,” she said. “See, that’s why it’s important that you tell your own stories. ... Our girls, our daughters and granddaughters, need to hear them.”

Obama also urged her audience to “use the women’s vets hashtag” to lift up women veterans’ stories on social media platforms.

“If we all keep ‘Joining Forces,’ then I am confident that we can serve our men and women in uniform, and our veterans, as well, as they have served this country,” she said.

Joining Forces is an initiative Michelle Obama and Dr. Jill Biden launched in 2011. As the White House website states, it is “a nationwide initiative calling all Americans to rally around service members, veterans and their families and support them through wellness, education and employment opportunities.”

# WASPs were pioneers for female pilots of today, tomorrow

**SHANNON COLLINS**  
DoD News Features, Defense Media Activity

WASHINGTON — Before there could be a first female Thunderbird pilot or women flying combat missions into Iraq and Afghanistan, there were the pioneers: the Women’s Airforce Service Pilots (WASPs) of World War II.

In September 1942, nine months after the attack on Pearl Harbor, Army Air Forces commander Gen. Henry H. “Hap” Arnold stood up the Women’s Auxiliary Ferrying Squadron (WAFS) and the Women’s Flying Training Detachment (WFTD).

According to the Air Force Historical Support Division, on July 5, 1943, the WAFS and WFTD merged into a single unit for all women pilots who were rapidly extending their qualifications to every type of aircraft in service. The new unified group called itself the WASP and its pilots the WASPs.

**Training**

The women paid their own way to travel to basic training at Avenger Field in Sweetwater, Texas. More than 25,000 women applied, even some from Canada, England and Brazil, said Bernice “Bee” Falk Haydu, a WASP pilot from Montclair, New Jersey, but only 1,830 U.S. women were accepted into the program. Of those, 1,074 earned their wings.

To qualify, applicants had to be at least 5 feet, 4 inches tall, pass Army physicals and have a pilot’s license, Haydu said. Women also had to have at least a high school diploma and be age 18 to 35.

“Most of the women were college graduates, but the toughest part of the training was you started out in a basic aircraft and then you’d go to a medium and then an advanced,” Haydu said.

When she joined the WASP program in 1944, Haydu said training was being accelerated.

“They wanted to experiment with the women to see if they could eliminate one of the phases of training, so we went from the Stearman, which is an open cockpit biplane, in primary (training), and after about 60 to 70 hours of that, we went directly into the advanced, which was the AT-6 (Texan) – that’s 650 horsepower compared to 220 horsepower,” she said. “It was successful. Most of the washouts were in primary training. The men adapted the same training.”

During training, the women had to pay for their dress uniforms and their room and board, but they were issued men’s coveralls that they nicknamed “zoot suits,” Haydu said.

There were six women per bay in the barracks, with one latrine, one sink, one shower and one toilet. If the winds kicked up, the women would lie on the bottom wings of the airplanes to help keep them down, she said, “because they needed more weight to keep the airplanes on the ground.”



Air Force photo

**WASPs Frances Green, Margaret “Peg” Kirchner, Ann Waldner and Blanche Osborn leave their B-17 Flying Fortress bomber, “Pistol Packin’ Mama,” during ferry training at Lockbourne Army Airfield, Ohio, in 1944.**

*(Editor’s note: See the Feb. 26 issue of the “Hawaii Army Weekly” for a look at the B-17 “Swamp Ghost,” the same type of bomber in the photo above, currently undergoing restoration at the Aviation Museum of the Pacific.)*

war,” Wise said, “and we delivered more than 12,000 aircraft in the two years we operated. We also performed many other domestic flying duties.”

“I loved every minute of it,” she added, “but it was not easy. It was hard work, and I came back from trips pretty tired.”

*(Editor’s note: Read the rest of this article and discover how the WASPs did everything men did at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*



Photo by Air Force Staff Sgt. J.G. Buzanowski

**Right — Former WASP Betty Wall Strohfus sings the national anthem during the Congressional Gold Medal ceremony at the Capitol, March 10, 2010. The Congressional Gold Medal is the highest civilian award bestowed by Congress. The WASP program, established during World War II, trained women to fly non-combat military missions.**

# Intel specialist shadows NSA/CSS senior enlisted leader



Courtesy photo

**Spc. Denise N. Dimry of Company C, 715th MI Bn., 500th MI Bde., stands aside Navy Master Chief Kyuuca-Ali Simpson with NSA/CSS-Hawaii.**

**STAFF SGT. THOMAS G. COLLINS**  
500th Military Intelligence Brigade Public Affairs

SCHOFIELD BARRACKS — Have you ever been curious as to what a senior enlisted leader does, day to day?

Spc. Denise N. Dimry of Company C, 715th Military Intelligence Battalion, 500th MI Brigade, had the opportunity to spend some one-on-one time with Navy Master Chief Kyuuca-Ali Simpson, National Security Agency/Central Security Service-Hawaii’s command senior enlisted leader.

Dimry spent a total of 30 days shadowing Master Chief Simpson.

“Master chief and I had many conversations over the last few months,” Dimry said. “During one of our last meetings, he asked me about the idea of shadowing him for 30 days. I thought it was a great idea and agreed to participate.”

During the month, Dimry followed the master chief through his daily routine, including meetings, physical fitness training and even to the front lines of a wild fire.

Getting to see the inner workings of what a senior leader does can be very educational.

“The 30 days were a tremendous learning experience and an inspiration,” expressed Dimry. “I learned a lot of what it takes to be a great leader and many small lessons you don’t typically get working at the lower levels.”

While working with the master chief, Dimry found an understanding of the administrative side of leadership.

“I met many people and saw firsthand how many meetings a command senior enlisted leader has to attend. Some days we would run from Rochefort to Kunia to Pearl Harbor,” said Dimry. “It was exhausting! I also got to spend time with command leader-

ship at the zero-seven hundred stand-ups, brief new hires at the joint newcomers orientation and stand in for Master Chief Simpson at a joint awards ceremony.”

Working hard, going to meetings and being around other senior leaders can be tiring, but physical training must continue to be a priority.

“I joined master chief five days a week for physical training,” Dimry said. “We’d work a full day, then go to Schofield Barracks, Naval Computer and Telecommunications Area Master Station Pacific, or Pearl Harbor, for PT. He doesn’t get tired!”

In addition to PT, Dimry went with the master chief to look at a Wahiawa brush fire.

“(He) had to maintain situational awareness of the fire and its impact on the opening or closing of Rochefort and Kunia,” Dimry said. “We went to the forest line to see the fire, talked to NSAH personnel about the impact of smoke and met with ... Occupational Health and Environmental Safety Services to discuss any health concerns.”

With the experiences, Dimry has learned valuable lessons.

“I learned how important confidence and trust are in leadership positions. In my opinion, confidence and trust are what separates good leaders from great leaders,” she said.

“As the 30 days flew by, I realized how much ground master chief covers and how he has to think on a more ‘macro’ level, rather than a ‘micro’ level. Instead of thinking how a change will impact one person, he thinks about how changes will impact all personnel (at Rochefort and Kunia), regardless of service or branch,” she explained.

“I enjoyed this shadowing opportunity,” Dimry said.



# Army Enlisted Medical Corps marks 129 years

SPC PINGYANG LIU

Tripler Army Medical Center

HONOLULU — The Army Enlisted Medical Corps celebrated its 129th anniversary, March 1.

For 129 years, the Army Enlisted Medical Corps has provided care and selfless service to Soldiers, retirees and family members on the home front and the battlefield.

Currently, more than 36,000 Soldiers are in the Enlisted Medical Corps, and the Soldiers are attached to one of 17 military occupational specialties.

A brief history of the Corps goes back to 1847, when the Army surgeon general asked Congress, several times, to authorize positions for hospital stewards. He said he would establish a formal school to train them; however, his requests were continuously turned down.

In 1851, the Army issued an addendum to the regulations for the uniform and dress of the Army that authorized a half chevron, consisting of a green background with yellow trim and a caduceus, to denote the rank of the hospital steward.

In 1856, the Congress authorized the Secretary of War to appoint as many hospital stewards as needed in the Army and mustered onto the hospital rolls as "noncommissioned officers." This action permanently attached the stewards to the Medical Department.

Finally, on March 1, 1887, the Hospital Corps was established. New chevrons denoting the ranks of the hospital stewards were introduced, similar to the chevrons worn by all NCOs in the Army.

Hospital stewards wore full-sized chevrons that had three stripes below and one on top with a Red Cross in the center. Acting hospital stewards wore the same chevrons, except for the stripe on top, and Hospital Corps privates wore a white arm band with a red cross.

Since then, March 1st has been considered the anniversary of the Hospital Corps.

Army Enlisted Medical Corps Soldiers contribute to today's overall 90 percent survivability rate for combat-injured service members and are an invaluable asset in the health care process. These individuals work tirelessly to keep Soldiers healthy. The Tripler Army Medical Center Enlisted Medical Corps Sol-



Courtesy of Medical Command

This chart shows the progression of the U.S. Army Medical Enlisted Corps.

diers assist command teams in maintaining readiness by delivering services that promote safety, access, self-reliance, resiliency and stability during war and peace.

(Editor's note: Jim "Goose" Guzior, Tripler Army Medical Center Public Affairs, contributed to this article. Liu works at TAMC's Behavioral Health.)

## 25th Sust. Bde. conducts ammo transport mission

Story and photos by

SGT. ERIN SHERWOOD

25th Sustainment Brigade Public Affairs

25th Infantry Division

PEARL HARBOR — Soldiers of the 25th Transportation Company, 25th Sustainment Brigade, 25th Infantry Division, assisted the Naval Munitions Command with the transport of ammunition from West Loch Naval Port to the Lualualei Naval Magazine, March 1.

The mission is a first for troops who will transport more than 1,800 pallets of ammo for storage at the site by Monday.

"The mission came down to us last minute, but we are always ready to support," said Sgt. 1st Class Edwin Miranda, truck master for the 25th Trans. "We transport often within the battalion, but this is our first large mission with multiple types of ammo."

"West Loch Port is very open to the elements, so if ammo sits there, it can rust or become ineffective," said Maj. Eddie Gray, support operations officer for the 25th Sust. Bde. "What would have taken nine or 10 months to move for the Naval Munitions Command, we can help move in three weeks."

The 25th Trans. Co. is utilizing 12 of their own Palletized Load Systems for the transport. The systems are augmented by three additional load handling systems from the 225th and 325th Brigade Support Battalions under the 25th Infantry Division. This family of vehicles allows Soldiers to move up to 240 pallet positions of ammunition per lift."

The faster we can move the ammo from the port to the storage area, the better," Gray said. "The ammo is preserved, and this offers benefit and cost savings for the Army, as well as other branches."

"It's always good for Soldiers to practice cargo loading," said Staff Sgt. Robert Bagley, 25th Trans. "They also get a chance to handle the larger vehicles we have with the driving between each location."

"My Soldiers are working hard to complete this mission and I'm very proud of them," said Miranda. "It's a great training opportunity for us with real-world significance."



Above and left — Soldiers of the 25th Trans. Co. secure pallets of ammunition to vehicles at West Loch Naval Port for transport to Lualualei Naval Magazine, March 1.

They will move more than 1,800 pallets of ammo over the course of the three-week mission.

## Privacy or security in cyber? Both, NSA chief suggests

KAREN PARRISH

DoD News, Defense Media Activity

WASHINGTON — As the clash between cybersecurity and privacy concerns lingers in the headlines and the courts are following tech giant Apple's refusal of a court order involving data encryption, Defense Department leaders continue their quest to build partnerships with tech industry leaders.

Privacy and security are and will remain the "two imperatives" in safeguarding the nation's cyber domain, the Defense Department's cyber chief told a tech audience in San Francisco, March 1.

Navy Adm. Michael S. Rogers, commander of U.S. Cyber Command, spoke at the 25th annual RSA Conference, a gathering of technology and security professionals.

### Building the cyber force

Cyber Command, partnering with other organizations, has three primary missions, said Rogers, who is also the director of the National Security Agency (NSA) and chief of the Central Security Service:

- To operate and defend** the department's networks, platforms and weapon systems against cyber threats;
- To generate** a dedicated workforce to apply cyber capabilities from defensive to offensive; and
- To apply cyber capabilities** to help defend 16 critical U.S. private-sector infrastructure segments, from power and water to financial and aviation.

In meeting those demands, Rogers said, "We are spending a lot of time going back to the fundamentals: How do you create a network in which defensibility, redundancy and reliability are core design characteristics?"

Many existing networks and systems were built in a very different time and a place, when the threat of adversaries appeared small, he said, while now even data storage is an increasingly valuable target, given the "many who have a strong desire to steal it."

Rogers said Cyber Command is about halfway through building a 6,200-person "dedicated, high-end cyber mission force," slated to form 133 teams to operate across the three mission areas.

The workforce is scheduled to be at initial operating capacity by Sept. 30, and fully mission-capable two years later, Rogers said.

He added, "As soon as we can bring capability online, we're employing it. ... We can't wait for it to be perfect."

### Moving from transactions to partnerships

Rogers told his audience Cyber Command wants to build private-sector partnerships to further its cyber missions.

"I believe in what you bring to this fight," he said. "I believe in the knowledge and the innovation that you help power."

Cyber Command has established a small presence in Silicon Valley made up largely of reservists who work in the tech sector, Rogers said. The goal, he said, is "to bridge the differences in perspective and the lack of knowledge and insight that at times we each have about the other."

He also seeks more interaction with academic institutions, including Stanford, Berkeley and others, he said, "because I believe that the academic perspective, the research and the insights they develop are also important for us."

Cyber Command regularly exercises its capabilities to prepare for future real-world operations, he noted.

"I encourage industry. I encourage all of you in your organizations; we want to partner," the admiral said. "And if you're interested in being involved in some of those exercises, we welcome your participation."

### Balancing protection, privacy with security, safety

Rogers outlined the NSA mission set, which combines foreign intelligence gathering on one hand with information assurance on the other. That information assurance role increasingly involves the private sector, he said.

While he said wouldn't have predicted his role as NSA chief would require him to deal with a motion-picture company, "in the aftermath of the hack against Sony, ... it's the nature of the world we find ourselves in, and I see that only developing further."

The NSA has specialized knowledge of adversary strategies and how to mitigate possible weaknesses, he said, and "there is no silver bullet, no single answer" to solve cybersecurity challenges.

The nation counts on the NSA to help ensure its safety and security, Rogers said.

"How do we ensure the protection and the privacy of our rights as citizens, which is fundamental to our very construct as a nation?" he asked. "It's what drove the creation of this thing in the first place. ... At the same time, we've also got to figure out how ... we ensure the security and the safety of those same citizens."

It's not an easy challenge, either in the United States or around the world, he said.

Silicon Valley has been "the heartbeat of innovation and fundamental change," he said, developing technologies "that have ensured the greatest transfer of knowledge and insight we have probably ever experienced in the history of man."

Protecting privacy and security "can't be one or the other; we've got to figure out how to do both," Rogers said. "I believe in the power of industry, of what we have seen here in the valley over the last decades, to be part of that solution."

Defense Secretary Ash Carter also attended the RSA Conference as part of a slate of West Coast engagements this week with tech industry leaders and U.S. troops.

Organizers bill the RSA Conference as "where the world talks security."

Scheduled offerings this year include remarks by figures as diverse as U.S. Attorney General Loretta E. Lynch, Symantec president Michael A. Brown, Oxford philosophy professor Nick Bostrom and actor Sean Penn.



# Transporters, engineers honored at awards banquet

**SGT. JON HEINRICH**  
8th Theater Sustainment Command  
Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM — Soldiers and family members of the 545th Transportation Company, 8th Special Troops Battalion, 8th Theater Sustainment Command, were recognized at an awards banquet March 4 at the historic Hickam Officers Club, here.

More than 15 individuals were honored during this event, not to include those who received Army Commendation medals, Army Achievement medals and the spouses who received Certificates of Appreciation.

“We will be presenting several well-deserved awards tonight,” said Capt. John Tansio, commander, 545th Trans., “to include Pacific Pathways awards to Soldiers and mariners, volunteer awards for our committed spouses for family readiness group contributions and the Orders of Samuel Sharpe and St. Christopher.”

Tansio said that the orders are coveted awards only given to maintainers and transporters who have contributed significantly to the Ordnance and Transportation Corps.

“The fact that we have had the ability to not only witness a very precise ceremony with leadership, but more importantly, phenomenal Soldiers and family members who have ensured that this unit could function around the globe ... you epitomize what it is to be regionally engaged and globally responsive,” said Maj. Gen. Edward F. Dorman III, commander, 8th TSC.

“I think it’s safe to say that the great namesakes of these prestigious orders – Samuel Sharpe and St. Christopher – and the many selfless ordnance and transportation Soldiers and leaders who have come before you, are proud of your accomplishments, and you should be just as proud of the awards and the honorable orders that you just received,” he said.

**St. Christopher**

The Order of St. Christopher has been associated with transporters from the earliest times. Depictions of him on medieval church walls were always opposite the entrance so that passers-by could look on them and be fortified. As the legend goes, the extremely robust Christopher devoted his life to carrying people across an otherwise unfordable stream.

The image of St. Christopher offers a fitting symbol of strength, loyalty and safety for transporters charged with “moving the force now and for all time,” making him the patron saint of the Transportation Corps.

**Ancient Order of St. Christopher Awardees**

CWO3 Paula Buckley  
Sgt. 1st Class Timothy Carman  
Sgt. 1st Class Anthony Dasig  
CWO3 Gregory Gidding  
CWO3 Abdelkader Hosni  
CWO3 John Zabler

Sgt. 1st Class Robert Caivano  
CWO2 Gabriel Cogswell  
Sgt. 1st Class Robert Ellis  
CWO3 Marcus Gandee  
CWO3 Nicholas Laferte  
Sgt. 1st Class William Littell  
Sgt. 1st Class Jaime Maldonado  
CWO4 Kali Pettigrew  
Sgt. 1st Class Eric Rink  
CWO3 Clinton Smith  
Capt. John Tansio  
CWO4 Dennis Zupan

**Samuel Sharpe**  
The honorable Ordnance Order of Samuel Sharpe was awarded to Sgt. 1st Class Johnny Petteway and Sgt. 1st Class Pedro Gomez.

Samuel Sharpe was appointed to the position of Master Gunner of Ordnance by the Council of the Plantation in Massachusetts Bay colonies, April 17, 1629, charging him with the care of the “ordnance, shot, powder, match, ladles, sponges, wormes, cartridges, armes, fire-works and the rest of the gunners.”



research, approaches and best practices to address this important subject. The VA is partnered with the Department of Defense on suicide prevention and other efforts for a seamless transition from military service to civilian life. Visit [www.mentalhealth.va.gov/suicide\\_prevention/](http://www.mentalhealth.va.gov/suicide_prevention/).

**Army Directive 2016-09** — The Army’s new maternity leave policy is in line with a DOD-wide policy announced, Jan. 28. The policy grants eligible regular Army or Reserve component Soldiers 12 continuous weeks of nonchargeable maternity leave following a birth. The 12-week leave period starts immediately after a birth or the mother’s release from the hospital, whichever is later.

**15 / Tuesday**  
**Soldiers Vote** — Training workshops for about 150 unit voting assistance officers will

take place, 9 a.m. and 1 p.m., in Schofield’s small Post Conference Room to educate the UVAOs about absentee voting, voters’ registration, ballot requests and ballot submission processes for Soldiers and their families. Call 655-5546.

**Blood Drive** — The Armed Services Blood Program (ASBP) is in need of all blood types, especially O negative, O positive and A negative blood. Donate yours at the Army Health Clinic Schofield Barracks, Bldg. 691, Rm. 117. Donors will receive a free T-shirt. Call 433-6148 for donor eligibility screening criteria.

**17 / Thursday**  
**Got Ammo?** — Unload your abandoned or unauthorized military ammunition on Ammunition Amnesty Day, 7 a.m.-3:30 p.m., at the Wheeler Ammunition Supply Point. Call 656-1649.



**Today**

**Low Bridge** — Vehicle weight is restricted on the Paumalu Stream Bridge (Kamehameha Highway, located between Paumalu Place and Ke Nui Road, near Sunset Beach). The bridge was originally constructed in 1929 and underwent emergency reinforcement of concrete supports in November 2014. A recent inspection found spalling deterioration on some of the bridge’s concrete support pillars.

As a precautionary measure, the bridge weight limit has been reduced from 25 to 15 tons.

The speed limit over the bridge remains 25 miles per

hour and access for two-way traffic will remain normal. Vehicles weighing over 15 tons are advised to avoid traveling over the bridge.

HDOT has coordinated an operational plan with the City and County of Honolulu Dept. of Transportation Services and Oahu Transit Services to maintain bus service to the area with reduced weight restrictions.

**12 / Saturday**  
**Power Outage** — An outage affecting the eastern portion of Schofield Barracks will take place, 1-3 a.m., for the Hawaiian Electric Company to perform meter maintenance.

**16 / Wednesday**  
**One-Lane Closure** — There will be a one-lane closure, 8:30 a.m.-5 p.m. at Schofield’s McMahon Road until March 23.

During this time, work will include inspection of the manhole with vacuum and mandrel testing of the manhole. Cones

and flag personnel will be on-site for this work.

**18 / Friday**  
**Sheridan & McCornack** — There will be a road closure, weekdays, 8:30 a.m.-3:30 p.m., at the intersection of Schofield’s Cadet Sheridan and McCornack Roads for utility installation. McCornack won’t be accessible from Cadet Sheridan Road, but will be accessible from Hewitt Street and Collier Loop.

The work is scheduled to conclude April 11.

**19 / Saturday**  
**Electrical Outage** — The following areas on Wheeler will experience an electrical outage, 7 a.m. to 3 p.m.:

- Langley LP housing units 502, 508, 512, 514, 516, 518, 501, 503, 505, 509, 511, 513, 515, 517, 519, 521, 523, 525 and 527.
- WilliWilli Housing, ASP area: 1003, 1004, 1006, 1008, 1009 and 1016.

This listing may not be specific and all inclusive.

# Hawaii civilians honored at USARPAC virtual town hall

Story and photos by  
**CHRISTINE CABALO**  
Staff Writer

FORT SHAFTER FLATS — The names and faces of the top civilian employees around the Pacific Rim were broadcast around the world during a town hall meeting at the 9th Mission Support Command's assembly hall, here, Tuesday.

Gen. Vincent Brooks, commanding general, U.S. Army, Pacific, bestowed the awards to the Hawaii civilians selected for their excellence in service.

Categories were divided by wage grade and general schedule level, with GS-11 employees and below classified as Category I. Lesile Nagamine, a budget analyst, won as the Category I Employee of the Year.

Two Hawaii civilians were also named as Employee of the First Quarter for their category. Danny Moats, a Force Integration Analyst from U.S. Army-Hawaii, won as the Category I employee.



**Danny Moats receives his Employee of the Quarter Award from Gen. Vincent Brooks, commanding general, U.S. Army Pacific. Moats is a force integration analyst from U.S. Army Hawaii.**  
Michael Lawlor, an attorney with USARPAC Staff Judge Advocate, won in Category II.



**Lesile Nagamine was named Employee of the Year as Category I employee. She is a budget analyst from 8th Theater Sustainment Command.**

The virtual conference included a video feed from Army commands in Korea, Japan, 25th In-

fantry Division at Schofield Barracks, Pohakuloa Training Area on the Big Island and Washington, D.C.

After recognizing the employees, Brooks addressed the live and virtual audience about the importance of a well-developed civilian staff. He said his priorities are to hire, recognize and educate the Army's civilian workforce.

Brooks pointed out the need to continue to send out our highly valued civilians for training, even though they are likely the only person or one of two people in a department.

"My response is, invest in our people," Brooks said. "Take the pain while they are gone in exchange for (them becoming) a better teammate when they return."

While addressing questions about operations personally, Brooks also stressed the importance of civilian employees and how they are the continuity between rotating service members.

"We need your help to get new commanders up to speed," he said. "Continue to be excellent."

# National Prayer Breakfast seeks to inspire, share

Story and photo by  
**CHRISTINE CABALO**  
Staff Writer

SCHOFIELD BARRACKS — Soldiers started their day with a taste of nourishing food and inspirational words communing at the U.S. Army Garrison-Hawaii National Prayer Breakfast, here, at the Nehelani, Wednesday.

The theme of the breakfast was “Leadership for Tomorrow,” with speeches from Army leaders and civilian performances.

The event has its roots in 1953, when The Fellowship Foundation invited members of the U.S. Congress to eat and pray together. Every U.S. president since Pres. Dwight Eisenhower has participated in the annual event in the District of Columbia.

The garrison command hosted the breakfast in appreciation of the Army religious staff and to celebrate their importance, said Maj. Gen. Charles Flynn, commander, 25th Infantry Division and U.S. Army, Hawaii.

“There is a reason why a chaplain and religious team are budgeted people and equipment on the battalion level,” he said. “This goes all the way back to George Washington, the father of the nation and father of the Army, who decided chaplains were needed at a unit level.”

During the breakfast, the brass section of the 25th Infantry Band and the Robbie Phillips Band played for guests. Several dancers from the New Hope Church Halau Team performed a hula before Pastor Jon Burgess of New Hope Oahu spoke.

He said, although he was a guest speaker at the breakfast, he admires and is still learning from the service members in the audience.

“Thank you God, for this amazing group of men and women in our country,” he said. “You know the price of freedom and now a new level of freedom to walk in as never before.”

Burgess shared funny stories about his faith with the audience while using modern technology to illustrate his point. He showed slides with Bible verses and humorous pictures and encouraged the audience to use #ServetheKingin2016 in social media.

In his speech, Burgess addressed how submitting to leadership can bring about more faith. He ended his talk by sharing how he found himself in that situation when a stranger needed help while he was working on a short deadline. He encouraged the audience to think about leadership and submitting to a higher power whenever needed.

“I thought about how close I was to blowing God off and (almost) missed the greatest privilege anyone is ever given: leading someone from death to life,” he explained.



**Jon Burgess, pastor of New Hope Church, addresses diners at the USAG-Hawaii National Prayer Breakfast held March 9 at the Nehelani.**



## PACIFIC HAWAII

"When work is finished."

# 'Pacific Harmony'

## Honolulu Festival provides dazzling cultural options

Photos courtesy of the Honolulu Festival Foundation

Hula dancers perform using Hawaiian ipu, a traditional music instrument made from a dried gourd, during the 2015 Honolulu Festival.

### HONOLULU FESTIVAL FOUNDATION News Release

HONOLULU — The Honolulu Festival is set to showcase a weekend of Pacific Rim cultural performances, exhibits, craft fairs, workshops, movie screenings and more for the enjoyment of residents and visitors beginning today through March 13.

Celebrating its 22 years of bridging the cultures and people between the Pacific Rim and Hawaii, the Honolulu Festival cultural performances will be held at three convenient locations: Hawaii Convention Center, Waikiki Beach Walk and Ala Moana Center.

The Hawaii Convention Center will be the host site for the food providers, craft fairs, workshops and movie screenings. Best of all, everyone can experience all this and more for free.

"The Honolulu Festival continues to be a longstanding cultural event that highlights the diversity of our island state through various scheduled events and exhibits," said Hawaii Gov. David Ige. "Through festivals like this, the people of Hawaii are able to share with the world the aloha spirit that makes our islands so unique. In turn, we are also able to learn and appreciate the diversity of the Pacific Rim that will also be on display.

"I invite and encourage our residents and visitors to take part in and enjoy all that the Honolulu Festival has to offer," he said.

The Honolulu Festival will conclude March 13 with a parade and fireworks show. The Waikiki Grand Parade begins at 4:30 p.m. on Kalakaua Avenue, featuring performers, floats and groups from Pacific Rim countries and Hawaii.

Following the parade, the Nagaoka Fireworks Show will light up the night skies over Waikiki, starting at 8:30 p.m.

### 2016 Theme

Under the banner "Pacific Harmony," the Honolulu Festival is committed to perpetuating the strong cultural ties between the Pacific Rim and Hawaii, as depicted in this year's theme, "Cultural Harmony, Journey to Peace."

"As we gather in Hawaii for a special weekend of cultural learning and entertainment, we are thrilled to be celebrating 22 years of international partnerships and cooperation," said Tsukasa Harufuku, president of the Honolulu Festival Foundation. "This year, we are excited to welcome to the festival our first group from Europe to join nearly 160 talented performers and entertainers from various Pacific Rim countries."

In addition to the festival's cultural significance, Hawaii's tourism economy benefits as well. Nearly 5,000 visitors are coming to Hawaii just to participate in the Festival and comprise most of the 160 groups performing.

In its first 21 years, the festival has generated an estimated \$200 million total in visitor spending.

Nagoaka City, sister city to Honolulu and host of the world-renowned Nagaoka Fireworks Show, will dazzle residents and visitors alike throughout Waikiki for the fifth straight year with Sunday's grand finale to the festival.

"The Honolulu Festival has emerged as an annual celebration of cultural appreciation between the State of Hawaii, the City and County of Honolulu, and our friends throughout the Pacific Rim," said Honolulu Mayor Kirk Caldwell. "For over two decades, this popular event has played a vital role in promoting a greater understanding of different cultures and traditions to future generations through dance, music and the arts.

"Congratulations and mahalo to Honolulu Festival organizers for 22 years of success. I appreciate your efforts in helping to achieve cultural harmony in our islands and across the Pacific," he said.

The Honolulu Festival is supported by the Hawaii Tourism Authority and several corporate sponsors that believe in the importance of promoting and celebrating the cultural diversity found in the peoples and cultures in the Pacific Rim, such as Outrigger Enterprises, host of the performances at Waikiki Beach Walk.

Hirosaki Neputa Manji Kai, along with traditional Japanese neputa floats, travels down Kalakaua Avenue at last year's festival. This year's parade begins at 4:30 p.m., March 13.

### Honolulu Festival Movies

Honolulu Festival is presenting free screenings of eight highly acclaimed Japanese films at the Hawaii Convention Center and presented by the Consulate General of Japan in Honolulu. All movies are free and will be shown in Room 311.

Visit [www.HonoluluFestival.com](http://www.HonoluluFestival.com).



### Festival Events

The following events will take place at the festival:

#### •Games and Crafts

*Saturday, March 12, 10 a.m. to 6 p.m.*

*Sunday, March 13, 10 a.m. to 3 p.m.*

Guests will enjoy free cultural music and dance performances at three convenient locations: Hawaii Convention Center, Waikiki Beach Walk, and Ala Moana Center.

The Hawaii Convention Center will feature a wide array of cultural activities, arts, crafts, exhibits and food booths appealing to all ages. Japanese carnival games and craft booths will be featured.

#### •Bon Dance

*Saturday, March 12, 1:10 to 1:45 p.m. and 3:30 to 4:05 p.m.*

*Sunday, March 13, 1:50 to 2:25 p.m.*

Participate in the first bon dance of the year. Musicians and singers will lead the bon dance at the Hawaii Convention Center.

#### •HCC Symposium

*Saturday, March 12, 2 to 4 p.m., at the Hawaii Convention Center in Room #301*

"Japanese in Hawaii: From the plantation to Pearl Harbor to peace"

Join us for a discussion on the history of Japanese in Hawaii and their contributions to building peace, reconciliation and understanding. The symposium will feature a keynote address by distinguished professor Dr. Dennis M. Ogawa from the University of Hawaii, and commentary from a panel of recognized leaders in Hawaii.

See FESTIVAL, B-7



Performers from the annual Akita Kanto Festival balance traditional paper and bamboo lanterns for crowds at the Honolulu Festival. The lanterns collectively weigh more than 110 pounds.







## Briefs

### Today

**Kolekole 10K Run Registration** — Sign up now for this race at SB Leaders Field on March 26 at 7 a.m. The deadline is March 22 to guarantee a T-shirt. This event is open to all military ID cardholders and sponsored guests, runners, walkers, strollers and youth participants. Children not in a stroller must be registered. No animals. Registration is nonrefundable. Visit [www.HiMWR.com](http://www.HiMWR.com). Call 655-8789.

**Army Family Team Building** — Learn about military benefits and entitlements, how to decipher Army acronyms and the leave and earnings statement (LES), how to utilize community resources, improve financial readiness skills and understand the goal and the impact of the Army mission on daily life in this Level K military knowledge class. Register at [www.himwr.com/acs](http://www.himwr.com/acs). Class will be located at the SB Education Center, 1565 Kolekole Ave., Bldg. 560. Call 655-4227.

**Parenting 101** — Take your parenting to the next level, noon-1 p.m., at SB ACS, Bldg. 2091. Discover current "best practices" and learn tips and tools to assist you in reaching your parenting goals. Call 655-4227.

**Paint 'n Sip at Tropics** — Anyone can be an artist! Get ready to be inspired to create your own masterpiece while enjoying signature drinks and food. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice at the Tropics. All supplies are provided. To sign up, visit the SB Arts & Crafts Center or SB Tropics Recreation Center. Cost is \$25 per person; preregistration is required. Tropics is an 18 and older facility at Foote Avenue, Bldg. 589. Call 655-5698 or 655-4202.

**12 / Saturday**  
**Saint Patrick's Day Party** — Join SB Tropics Recreation Center for a party to celebrate the luck of the Irish on St. Patrick's Day, 4-10 p.m. If you want to dance a jig, eat some corned beef and cabbage, and enjoy the beauty of being Irish, then don't for-

## REGISTER



**2016 KOLEKOLE 10K RUN**  
**MARCH 26, 2016 • 7:00AM**  
**LEADER'S FIELD, SCHOFIELD BARRACKS**  
**U.S. ARMY GARRISON, HAWAII**

**REGISTER ONLINE at**  
**HiMWR.COM**  
Now through March 22.

**REGISTRATION:** Entry fee for all participants registered before March 7 is \$29. Register by March 22 to guarantee your shirt, entry is \$35.

**Fee includes** t-shirt, race bib and entry. Race day entrants must register by 6:45 a.m., and t-shirts will be given while supplies last.

**ELIGIBILITY:** Open to all Military ID Cardholders and sponsored guest. Runners, walkers, strollers and youth participants are welcome! Children not in a stroller must be registered to participate.

**PRIZES:** Presented at 8:30 a.m.  
1st overall male and female.  
1st, 2nd, and 3rd place in the following categories: 13-17, 18-29, 30-39, 40-49, 50-59, 60+.

**QUESTIONS?**  
**(808) 655-8789**  
• Registration is non-refundable.  
• Animals are not allowed.



get to wear something green. Tropics is an 18 year and older facility, Bldg. 589. Call 655-5698 or 655-4202.

**13 / Sunday**  
**Pottery, Quilting and Sewing** — Join SB Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the Arts & Crafts Center at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome. Meal is served from 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children's prices are available. Call 438-1974.

**14 / Monday**  
**Mom & Tots** — SB Arts & Crafts helps parents create a memorable creative project with their child, 10-11 a.m. In celebration of Craft Month, Arts & Crafts will be holding a two-for-one special, every Thursday in March. Cost is \$5 per parent/child pair at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**Stress Solutions** — In this basic SB ACS workshop, noon-1 p.m., causes of stress as well as how it affects our lives are identified. Share techniques, such as positive self-talk and how to not take things personally. A variety of relaxation techniques are also introduced. Call 655-4227.

**Mongolian BBQ** — Join SB Kolekole Bar & Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and have it grilled your way at only 65-cents per ounce. Call 655-0660.

**15 / Tuesday**  
**Board Games Night** — Join SB Sgt. Yano Library, 5-7 p.m., March 15 for some board game fun, during spring break. A variety of board and card games are available for all ages at 1565 Kolekole Ave., Bldg. 560. Call 655-8002.

**Taco Tuesday** — Every Tuesday night, SB Kolekole Bar & Grill features three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

**16 / Wednesday**  
**New Parent Support Program** — Toon Time Matinee presents "Turbo," 10 a.m.-noon, at SB Kalakaua

Community Center. Join this program for caregivers and their children for free movies, fun and social interaction. Call 655-4227.

**Bunny Box** — Come to the FS Library at 3:30 p.m., to make a super cute bunny box. Fill it with surprises and give it away for Easter or keep for yourself. All supplies provided, while supplies last at 181 Chapple Road, Bldg. 560. Call 438-9521.

**17 / Thursday**  
**Basic Investing and TSP** — Financial Resilience Series program shares the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds. For more information or to register, call SB ACS, 655-4227, Bldg. 2091. Learn more at [www.tsp.gov](http://www.tsp.gov).

**After School in the Library** — Come into the library for Artsy Fartsy and relax from school life, 3-4 p.m. Read books about art and make some masterpieces of our own. Registration not required at SB Sgt. Yano Library, 1565 Kolekole Ave., Bldg. 560. Call 655-8002.


**19 / Saturday**  
**Stand Up Paddle-Boarding and Kayak Adventure** — Join Outdoor Recreation for a cruise on the Anahulu River on the North Shore of Oahu and other beaches around the island. Don't know how to stand up paddle or kayak? ODR can teach you. Transportation (up to 12 people), equipment and instructions provided. Personal flotation devices are required. Bring water, snacks and sunscreen; \$59 per person. For questions or registration, call 655-0143.

**21 / Monday**  
**Million Dollar Soldier Refresher Training** — This SB ACS workshop, 8:30-11:30 a.m. focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and families to understand their personal finances and learn tools. Call 655-4227.

**Play Mornings at HMR Chapel** — Meet other moms and dads, share information and parenting tips and give your child a chance to interact with other children in a safe, structured environment, 10-11 a.m. For information or to register, call 655-4227.

**26 / Saturday**  
**Fun Fest** — Annual event features pony rides, bunny pictures, food trucks, games and activities, 9 a.m.-2 p.m., SB Weyand Field. Also featured are the LTS Travel Fair and an environmental festival. Egg hunts held for ages 2-4, 5-8 and 9-12 years of age. Call 655-0111 or visit [HiMWR.com](http://HiMWR.com).

See MWR, B-4



Additional religious services, children's programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel
HMR:	Helemano Chapel
MPC:	Main Post Chapel, Schofield Barracks
PH:	Aloha Jewish Chapel, Pearl Harbor
SC:	Soldiers' Chapel, Schofield Barracks
TAMC:	Tripler Army Medical Center Chapel
WAAF:	Wheeler Army Airfield Chapel

**Buddhist Services**  
•First Sunday, 1 p.m. at FD  
•Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**  
•Thursday, 9 a.m. at AMR  
•Saturday, 5 p.m. at TAMC, WAAF  
•Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC Annex  
- 11 a.m. at TAMC  
•Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

**Gospel Worship**  
•Sunday, noon. at MPC  
•Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**  
•Friday, 1 p.m. at MPC Annex  
•Friday, 2:30 p.m., TAMC  
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**  
•Friday, 7:30 p.m. at PH

**Pagan (Wicca)**  
•Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**  
•Sunday Services  
- 9 a.m. at MPC  
- 9 a.m., at FD, TAMC chapel  
- 10 a.m. at HMR  
- 10:30 a.m. at AMR  
- 11:30 a.m. at WAAF (Spanish language)  
- 11 a.m. at SC (Contemporary)  
**Liturgical (Lutheran/Anglican)**  
•Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to [aaes.com](http://aaes.com) under reeltime movie listing.

Schofield Barracks'

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A reopening

date for movie

viewing

has not been

finalized.

Call Schofield

Exchange at

237-4502/4572.



Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**Today**  
**JROTC Medal Presenters Sought** — Active/reserve officers from all the uniformed services are sought now to serve as volunteer medal presenters for the 2016 Hawaii JROTC awards ceremonies, April 6 to May 28. Only 20 high school JROTC units on Oahu need volunteers. Call retired Col. Arthur Tulak at 477-8195.

**Easter Bunny Photo Op** — The Schofield Exchange will host the Easter Bunny for daily photo opportunities, 10 a.m.-7 p.m., through March 26. Call 422-8708 or visit [www.poahawaii.com](http://www.poahawaii.com). Also, Schofield Food Court will be having lunch with Easter Bunny, 11:30-12:30, March 19. Event will include games and bingo.

**12 / Saturday**  
**Kolekole** — The walking-hiking trail is closed this weekend, March 12-13, due to live-fire training.

**Easter Seals** — Easter Seals Hawaii hosts its inaugural Bunny Breakfast and Egg Hunt, 9-11:30 a.m.,

Central Union Church lawn, fronting Parish Hall, at 1660 S. Beretania St. It includes a pancake breakfast, egg hunt and photo booth. Tickets are \$8 for keiki 2-12 years old and \$12 for adults. Registration is required at [www.eastersealshawaii.org](http://www.eastersealshawaii.org).

**Dole Plantation's Family Fun Day** — Central Oahu festival, 10 a.m.-2 p.m., features musical and hula entertainment, arts and crafts, food, prize giveaways and reduced attraction admissions. Call 220-4981 or visit [DolePlantation.com](http://DolePlantation.com).

**Hawaiian Choral Music Festival** — Festival is for singers, high school to kupuna, either as individual singers or group participation, at Kawaiaha'o Church, 957 Punchbowl. Festival fee is \$20 and includes music packets, festival rehearsal and concert participation.

Rehearsals start at 2 p.m., followed by a Hawaiian picnic on the lawn at 4 p.m. Festival music includes compositions by Queen Liliuokalani and Aaron Mahi and a free concert at 6 p.m. For more details and to register, write [kawaiola-mail@hawaii.rr.com](mailto:kawaiola-mail@hawaii.rr.com).

**Honolulu Festival** — Meet new friends from Japan, Australia, Tahiti and around the world, and get hands-on learning experiences and enjoy an extravaganza full of dance performances and traditional art demonstrations at the 22nd annual

Honolulu Festival, at various Waikiki locations, March 12-13. Visit [www.honolulufestival.com](http://www.honolulufestival.com). See festival story and schedule of events on page B-1.

**15 / Tuesday**  
**Family Night** — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319. Schofield Family Night is held Wednesdays at 5:30 p.m.

**Blood Drive** — All blood types are needed to support ill or injured service members, 9 a.m.-1 p.m., U.S. Army Health Clinic-SB, Bldg. 691, Rm. 117. Free T-shirt with every donation. Call 433-6699.

**19 / Saturday**  
**Bishop Museum** — Bishop Museum's upcoming original exhibit Lele O Nā Manu: Hawaiian Forest Birds, opens March 19. Designed for all ages and to educate the public about the rich and diverse natural history of native Hawaiian forest birds, their pre-eminence in traditional Hawaiian culture, their direct connection to the health of native forests and their dire need for their conservation. Visit [www.bishopmuseum.org](http://www.bishopmuseum.org).

Schofield Food Truck Spring

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
BSB: Brigade Support Battalion  
Co.: Company  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FMWR: Family and Morale, Welfare and

Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield





# Sea Dragons help shape healthy hearts at JBPHH

**SGT. KIMBERLY MENZIES**  
94th Army Air and Missile Defense Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Ten Soldiers with 94th Army Air and Missile Defense Command, U.S. Army-Pacific, participated as volunteers in Jump Rope for Heart, Feb. 26, at the Pearl Harbor Elementary School as part of the 94th AAMDC’s commitment to community.

“We were here to help get the kids active, which helps them learn to keep their hearts strong and healthy starting when they are young,” said Sgt. Pete Garcia, the motor noncommissioned officer with the 94th AAMDC, who was in charge of the stacking cup relay at the event.

**Heart-healthy initiative**

Jump Rope for Heart is a national education and fundraising event sponsored by the American Heart Association and the Society of Health and Physical Educators (SHAPE). Teachers, coaches and mentors show students how to develop heart-healthy habits while being physically active.

The students, kindergarteners through sixth-graders, visited nine different activity stations during the event. The stations included activities such as jumping rope, a stacking cup relay, and a rubber ducky-on-a-spoon relay.

“It was great to see how overjoyed the kids were to be outside and doing fun stuff,” said Garcia. “Even some of the teachers from the higher grades were participating in the activities with the kids.”

“It was lots of fun being active and spending time with the kids at the school,” said Sgt. Geysi Johnson, the property book officer with 94th AAMDC. “It was a great opportunity for us Soldiers to spend time building relationships and helping within our local community.”

This was the first time that Soldiers from the 94th AAMDC have partnered with Pearl Harbor Elementary School in 2016.

“The kids were all smiles, having fun, running through the



Photo by Sgt. Geysi Johnson, 94th Army Air and Missile Defense Command

**Spc. Darrius Hodge, a human resources specialist with 94th AAMDC, USARPAC, helps elementary school children jump rope, Feb. 26, during Jump Rope for Heart at the Pearl Harbor Elementary School. The event is a national education and fundraising activity sponsored by the American Heart Association and the Society of Health and Physical Educators where students learn how to develop heart-healthy habits while being physically active.**

activities, but still comfortable around us and willing to share their stories or memories of service members they know. ... For many (they are) their parents,” said Johnson.

The kids were not the only ones to enjoy themselves. It was a mutual feeling.

“We enjoyed spending time with the kids,” shared Garcia. “We are fun mentors. People who work in a uniform (are) more than just the warfighter picture that is projected.”

# Raising funds and awareness kicks off AER campaign

Story and photo by  
**CHRISTINE CABALO**  
Staff Writer

SCHOFIELD BARRACKS — Army Emergency Relief can help Soldiers when they are facing a financial crisis.

This information was passed along during the AER Campaign Kickoff held Friday at the Nehelani, here.

“Financial strife knows no demographic,” said Maj. Gen. Charles Flynn, commander, U.S. Army-Hawaii and commander, 25th Infantry Division.

“The AER is a remarkable foundation, extraordinary in what it does,” he added. “The AER delivers. They are action-oriented and the staff cares about the Army family. They also can help retirees, which you might not know.”

Since the relief campaign began in 1942, volunteers have raised more than \$1.7 billion to help 3.7 million Soldiers and their families, according to the 2014 AER annual report.

Flynn reported that in 2015 approximately \$2 million was given to surviving family members of fallen Soldiers.

The AER provides interest-free loans, counseling and other services for a variety of financial emergencies. The nonprofit organization relies on donations from Soldiers and other



**2nd Lt. Joshua Bachman of 307th ESB, 516th Sig. Bde., 311th Sig. Cmd., speaks about help he received in a financial crisis at the AER Kickoff Campaign, March 4.**

supporters to keep the program going.

Flynn and those who spoke at the kickoff stressed how anyone can face a monetary emergency without warning and then needs AER’s help.

**Testimonials**

Facing a financial crisis at Christmas was the last thing expected for Spc. Forrest Cunningham with 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th ID. Cunningham shared at the kickoff how, even with his careful planning for the holidays, he was violently carjacked at gunpoint with criminals taking his car and presents.

“My car was recovered, but with substantial damages,” Cunningham said. “I was turned away from the insurance company.”

He said AER’s help of funds offered him the peace of mind to keep focused on the mission and ensured he was deployable with a well-maintained vehicle.

The AER staff is experienced in handling a variety of financial emergencies.

“The top three categories (for emergencies) here at Schofield Barracks are emergency travel, personally owned vehicle costs and issues related to rent,” said Gwen Galloway, AER officer at U.S. Army Garrison-Hawaii.

Galloway was also a friendly face in a financial crisis for 2nd Lt. Joshua Bachman of 307th Expeditionary Signal Battalion, 516th Signal Brigade, 311th Sig. Command (Theater). She was able to offer him an interest-free loan quickly after explaining his prob-

lems dealing with the high cost of living in Hawaii.

“If you are ever in a financial emergency, (they will help you efficiently) and warmly,” Bachman said. “They will do the same for you.”

**Command support**

The AER staff celebrated this partnership with active duty Soldiers by bestowing a coin and certificate of appreciation to Flynn for his help. He and his command senior officers expressed the importance of donating.

“As Army leaders, we have a moral obligation to care for and provide support to our dedicated men and women – the kind of care and support that allows them to sustain the strength of their families,” said Sgt. Maj. Scott Brazk, senior enlisted leader, 25th ID. “Army Emergency Relief is a critical resource, which helps us provide that support.”

**Army Emergency Relief in Hawaii**  
For additional information and to download forms to request help, visit [www.himwr.com/financial-management](http://www.himwr.com/financial-management).

# Religious Support Office lists Easter services for installations

<b>RELIGIOUS SUPPORT OFFICE</b> U.S. Army Garrison-Hawaii	<b>March 27</b> •6:15 a.m., Easter Sunrise Service at Weyand Field, Schofield	prior to 5 p.m. Mass <b>March 19 &amp; 20</b> , Palm Sunday Mass	<b>March 27</b> •8:30 a.m., Easter Sunday Mass at AMR Chapel.
The Religious Support Office has announced the following Easter celebrations. The community is invited to participate.	•6:30 a.m., Easter Sunrise Service at USS Missouri, Pearl Harbor	<b>March 24</b> •6 p.m., Holy Thursday Mass at AMR. Adoration after Mass until midnight.	•10:30 a.m., Easter Sunday Mass at MPC, Schofield.
<b>PROTESTANT</b>	<b>CATHOLIC</b>	•7 p.m., Holy Thursday Mass at Wheeler Chapel. Adoration after Mass until 9:30 p.m.	<b>April 3</b> •3 p.m., Divine Mercy Devotion at Wheeler Chapel & AMR Chapel, with confessions afterwards.
<b>March 20</b> , 6:30 p.m., Sounds of the Crucifixion Drama at Aliamanu Military Reservation Chapel	<b>March 11 &amp; 18</b>	<b>March 25</b> •3 p.m., Good Friday Service at Main Post Chapel, Schofield.	<b>April 15</b> , 6 p.m., Confirmation Mass with Bishop Buckon at MPC, Schofield.
<b>March 25</b> •5:30 p.m., Protestant Good Friday Service at Main Post Chapel, Schofield Barracks	•After 5 p.m., Mass, and during Adoration, until 6:15 p.m.	•5 p.m., Good Friday Service at AMR Chapel.	<b>April 16</b> , 5 p.m., North Area First Communion Mass at MPC, Schofield. (No 5 p.m. Mass at Wheeler.)
•7 p.m., Protestant Good Friday Tenebrae Service at AMR Chapel	•5:30 p.m. at AMR Chapel & Wheeler Chapel, Stations of the Cross. Each Friday during Lent, with potluck, meatless dinner.	<b>March 26</b> , 7:30 p.m., Easter Vigil Mass at MPC. (No 5 p.m. Saturday Mass at Wheeler.)	<b>April 30</b> , 5 p.m., South Area First Communion Mass at AMR Chapel.
•7 p.m., Protestant Good Friday Service at Wheeler Chapel	<b>March 12 &amp; 19</b> , 4 p.m., Confessions at Soldiers Chapel (Schofield) & Wheeler Chapel,		



# Everyday heroes earn Red Cross March recognition

**AMERICAN RED CROSS**  
News Release

HONOLULU — All across the nation, the American Red Cross is recognizing its everyday heroes during Red Cross Month.

March has been recognized as Red Cross Month for more than 70 years, ever since President Franklin D. Roosevelt issued the first Red Cross Month proclamation in 1943, calling on Americans to “rededicate themselves to the splendid aims and activities of the Red Cross.”

Every president since that time, including President Barack Obama, has recognized the critical role the Red Cross has played for more than 130 years, in helping people across the country and around the world.

**Heroes**

“Hawaii has no shortage of everyday heroes,” said Coralie Chun Matayoshi, Hawaii Red Cross CEO. “They are selfless Red Cross volunteers and supporters who embody the spirit of humanitarianism and bring hope to those in need. During Red Cross Month, we honor and applaud them for their invaluable contribution.”

The Red Cross depends on local heroes to fulfill its mission.



They are on call 24 hours a day, 365 days a year, and they respond to home fires and other disasters in Hawaii every four days, providing shelter, food, emotional support and other necessities to those affected.

The Hawaii Red Cross also educates local youth, organizations and businesses on how to prepare before disasters strike; provides 24/7 support to members of the military, veterans and their families; and trains thousands of people in first aid and other lifesaving skills.

In fiscal year 2015, the Hawaii Red Cross responded to 85 local emergencies, assisted 1,813 military families and trained 12,262 people in lifesaving skills.

“It’s easy to become a Red Cross hero,” said Matayoshi. “Go to [redcross.org/hawaii](http://redcross.org/hawaii) to sign up as a Red Cross volunteer, make a financial donation and see how you can get involved.”

The Red Cross is a nonprofit humanitarian organization that provides assistance to meet the immediate emergency needs of those affected by disasters. All Red Cross assistance to disaster victims is free.

The Red Cross is not a government agency. It depends on public contributions to help others. Your gift supports the life-saving mission of the American Red Cross in your community, across the country and around the world.

**Volunteers Needed**

Volunteers are needed at Tripler’s ARC for the following positions:

- Medical support assistants,
- Administrative assistants,
- Patient escorts,
- Information desk attendants,
- Human animal bond program, and
- Craft volunteers.

Call Schofield’s ARC at 655-4927 or Tripler’s ARC at 433-6631.

# Commissary announces grocery savings, lauds value brand

**DEFENSE COMMISSARY AGENCY**  
News Release

SCHOFIELD BARRACKS — Service and family members have a host of value at the local Commissary, here.

**Frozen food savings**

It’s no wonder commissaries are highlighting frozen foods during March, considering the variety, value and convenience of items from pizza, entrées and breakfast foods to lots of vegetables in between.

“Every March is Frozen Food Month at commissaries, and while our stores go all out creating exciting frozen food section displays, customers win with great values,” said Tracie Russ, sales director for the Defense Commissary Agency. “With other promotions throughout the store, including those with the annual college basketball championship tournament theme, March is a great time to shop your commissary.”

DeCA’s industry partners – vendors, suppliers and brokers – are collaborating with commissaries in March to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their lo-



File photo

**Frozen foods savings are highlighted during March, not only at the Schofield Commissary, here, but at Commissaries worldwide.**

cal commissary for details on dates and times.

**Extra savings**

Quality at a low price is the hallmark of Commissary Value Brands, the Defense Com-

missary Agency program designed to provide savings on national name brand items comparable to low-cost store brand or private label items in commercial stores.

On average, these products save patrons

about 23 percent when compared to the commercial retail stores’ brand and private label brands.

DeCA’s Value Brands lineup has expanded from 300 products and 33 categories to nearly 500 items and 55 categories.

Orange-tabbed products include beverages such as coffee, soft drinks and juices; dairy products, including several cheeses, butter, canned and powdered milk; lunch meats, canned tuna and salmon; canned and frozen vegetables; canned fruit and soup; hot and cold cereals; bread; dry pasta and rice; pizza and entrees; peanut butter, jelly, honey and condiments; ice cream; cleaning supplies, disposable bags, laundry bleach and paper towels; pet foods; batteries; health and beauty care and more.

**More Online**

Shoppers can see a list of Value Brands items at [www.commissaries.com/shopping/value-brands.cfm](http://www.commissaries.com/shopping/value-brands.cfm).



## MWR: Briefs

CONTINUED FROM B-2

### April

#### 1 / Friday

**Command Scramble Golf** — Monthly event cost is \$50 per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Contact Leilehua Golf Course at 655-4653 to register.

Registration will also be held on the day of the event, unless the event is already sold out. Upcoming scramble dates are April 1, May 6, June 3 at Leilehua Golf Course, 199 Leilehua Road, Wahiawa.

### Ongoing

**Co-ed Mini Soccer Registration** — Enroll your little one, born 2011-2012. Registration with Youth Sports is open through March 31; season runs April 14-June 2.

For registration information, contact the following:

- AMR/FS/Camp Smith registration office at 833-5393;
- SB/WAAF/HMR registration office at 655-5314.

For Youth Sports, contact AMR Youth Sports office at 836-1923 or SB/WAAF/HMR registration office at 655-6465.

Also, CYS is currently taking applications for soccer coaches. Contact your Youth Sports office or visit [www.himwr.com/youthsports](http://www.himwr.com/youthsports).

**Tropics** — The new SB Tropics Recreation Center is now open after an extensive renovation. The high-energy recreation facility offers gaming, state-of-the-art entertainment, food and beverages. Hours follow:

- Thursdays, 4-10 p.m.
- Fridays-Saturdays, 4 p.m.-midnight.
- Sundays, 11 a.m.-7 p.m.
- Mondays, Tuesdays and Wednesdays closed.

**SKIES Unlimited Hula Classes** — SB and AMR host hula classes for \$35 per month. Call 655-9818 for class availability or log onto the [www.himwr.com](http://www.himwr.com).

**Mexican Cuisine Lunch Buffet** — Tues-

day buffet, 11 a.m.-1 p.m., at FS Hale Ikena. Features beef tacos w/fixings, chicken fajitas, Spanish rice, refried beans, buttered corn, soup and salad for \$10.95. Call 438-1974.

**Auto Repairs** — Services are now offered by Tech-Center Hawaii at the SB Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.

**BOSS Meetings** — Hooah! Single Soldiers and geographic bachelors are highly encouraged to attend BOSS meetings every Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, every 1st and 3rd Wednesday, at 3 p.m.
- South meetings are held at the FS Bowling Center, every 2nd and 4th Wednesday of the month, at 10 a.m.

BOSS is waiting for your call at 655-1130.

**SKIES Unlimited School of Art** — Has your child always wanted to learn to play the guitar, drums or keyboard? SB classes are offered Tuesdays; AMR SKIES Studios classes are 3 p.m., Wednesdays.

Open to CYS Services registered children

ages 7-18 at \$55 per month. Call 655-9818.

**Catering and Event Services** — SB Nehelani and FS Hale Ikena offer services and support for baby’s 1st birthday, graduation parties, hails and farewells. Book your next event at Army Clubs. Call 438-1974 (FS) or 655-4466 (SB) to speak to a catering manager.

**Home P.E.** — Youth Sports conducts free P.E. classes for military home-school families. Cost is free. Register and include the following information: youth’s name, age/grade, home/cell number and family email address. Visit [www.armyhawaiiyouthsports.com](http://www.armyhawaiiyouthsports.com) or call 655-6465 (SB) or 836-1923 (AMR).

**Mango Languages** — Army Hawaii Libraries can help you learn a foreign language. Mango Languages is a fun, fast and effective way to learn a new language with over 60 foreign language courses and 17 English lessons available.

Set up an account via the libraries’ Web catalog, <http://dodhawaiilibraries.org>. Select the “eResources” tab, and then Mango Languages from the database list. (You will need your Web login and PIN number.) Call 655-8002.



# Get lucky on St. Patrick’s Day and skip the cuisine

Sure, there will be parades, funny hats, green decorations and parties during the week of March 17th, but what really makes or breaks holidays and special occasions? Let’s face it; it’s all about the food. Halloween, Valentine’s Day and Easter are lucky enough to have chocolate as their traditional treat. Thanksgiving hit the luck jackpot with succulent roasted turkeys, mouth-watering dressings, tartly sweet cranberry sauce and pies loaded with whipped cream. And who doesn’t love Christmas and Hanukah foods like cookies, doughnuts, prime rib, latkes, hot cocoa, brisket and gingerbread? With the luck of the Irish on its side, you’d think that St. Patty’s Day would be associated with delectable culinary delights.



The author believes that ordering a green bear on St. Patrick’s Day usually results in the most tasteless brew on tap.



But corned beef and cabbage? First of all, what is “corned” beef anyway? Does the corning process make an otherwise inedible piece of meat safe for human consumption? Is it one of those cuts of meat that grandfathers like to hang from rafters in basement corners, smelling like sweaty feet for nine months at a time? Is the term “beef” just a genteelism for “pickled squirrel meat my Paw-Paw shot in the backyard”? Corned beef is undeniably delicious in a grilled reuben sandwich, but when boiled with cabbage, it can become a smelly, stringy affair. I have enjoyed corned beef and cabbage on a few occasions; however, those were the times that, by sheer happenstance, the cooking time was precisely correct for that particular size cabbage, acidity, elevation, boiling point and tilt of the Earth’s axis. What average cooks don’t realize is, that within mere seconds, the otherwise crispy, sweet vegetable can become an overcooked ball of sulphur-gas-emitting mush that will stink up the house for at least a week. Corned beef and cabbage cannot just be tossed into a Crock-pot. Cooking this finicky dish properly requires knowledge of chemistry, catlike senses and a precision timing device. But who wants to stand around on St. Patrick’s Day watching



Courtesy photos

**The shamrock is the common name for several different kinds of three-leafed clovers native to Ireland. It’s the country’s national emblem.** cabbage steam for precisely six minutes and 39 seconds? There’s green beer to drink! Speaking of which, green beer is festive and all, but let’s not kid ourselves. Order a green beer in any pub on St. Patrick’s Day, and it’s likely to be the most tasteless brew on tap. Why? The rich gold, amber and brown tones of the better beers turn an unappetizing hue of olive drab when mixed with green food coloring. It’s the watery, faintly yellow beers that

make the prettiest kelly-green tones, but beware that the appetizing color is masking a gut-rot swill that will stain your tongue and leave your head throbbing in the morning. To make matters worse, my Irish mother-in-law, Alice Murphy, bakes a loaf of Irish Soda Bread every year around this time, and the whole family raves. But the dry, bland loaf has always confused me. It’s not sweet enough to eat like coffee cake or dessert, but it’s too sweet to use as a pusher for the corned beef and cabbage. “It’s good with butter,” my mother-in-law will say, but doesn’t everything taste good with a thick slab of butter? There is one saving grace of St. Patrick’s Day cuisine. That sweet, frozen delight with a creamy hint of something reminiscently herbal like mint (or is it parsley?) that tingles the senses and cools the cabbage-scalded tongue. Whether eaten at 2 a.m. with a super-sized fries and filet-o-fish after guzzling green beer or sipped solitarily from the drive-through window on the way home from work, the Shamrock Shake mercifully delivers us from culinary evil. When it all boils down to it, eating lousy food on St. Patrick’s Day isn’t so bad, as long as you’re lucky enough to share it with friends and family. *(Currently stationed in Newport, R.I., Molinari is a 21-year military spouse and mother of three, whose award-winning columns appear in military and civilian newspapers nationwide, and on her blog, themeatandpotatoesoflife.com. Follow Molinari on Facebook and @MolinariWrites.)*

POSTER CONTEST

Contest entry artwork provided by Anya Mannine, 5th grader.

# Zika virus information reveals new insights, recommendations

KIRK FRADY  
Army News Service

Zika is a mosquito-borne virus closely related to yellow fever, dengue and West Nile viruses, and an outbreak was identified in Brazil in early 2015. Since then, it has spread to more than 25 other countries in Central and South America and the Caribbean. The Centers for Disease Control and Prevention issued a Level 2 Travel Alert (practice enhanced precautions) for areas where Zika virus transmission is ongoing. This includes the recommendation that women who are pregnant, or who are trying to become pregnant, consider postponing travel to any area where Zika virus transmission is ongoing.

**What can I do to prevent catching it?**  
The best way to prevent diseases spread by mosquitoes is to avoid being bitten. There is currently no vaccine for Zika.  
Mosquitoes spread the Zika virus bite mostly during the daytime and prefer to bite people. They live indoors and outdoors near humans.  
The best prevention is to minimize standing water in items like buckets, bowls, animal dishes, flower pots and vases.

**What if I am pregnant or want to become pregnant?**  
If you are pregnant and plan to travel to an area with ongoing Zika virus transmission, consider postponing travel until after delivery.  
If you are pregnant and travel to an area with ongoing Zika virus transmission, your provider should arrange for testing to see if you were infected, even if you never experienced symptoms.  
If you are not yet pregnant, there is no evidence that Zika infection prior to conception poses a risk for any future pregnancies.  
If you think you may be infected, see your primary care provider immediately. If you have recently traveled abroad, tell your health care provider when and where you traveled. Your health care provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.

**What are the symptoms?**  
About 1 in 5 people infected with Zika virus become ill (i.e., develop Zika), and the most common symptoms of Zika are fever, rash, joint pain or conjunctivitis (red eyes).  
Other common symptoms include muscle pain and headache.  
The incubation period (the time from exposure to symptoms) for Zika virus disease is not known, but is likely to be a few days to a week. The illness is usually mild with symptoms lasting for several days to a week.  
Zika virus usually remains in the blood of an infected person for a few days, but it can be found longer in some people. Severe disease requiring hospitalization is uncommon, and deaths are rare.

**Treatment**  
No current vaccine is available to prevent Zika infections. Also, no specific treatment is available for Zika infections; instead, treat the symptoms.  
Your health care provider will recommend supportive treatment, such as rest and rehydration. If you have Zika, prevent mosquito bites for the first week of your illness.  
During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.

**What are the Army and DoD doing?**  
Department of Defense labs are enhancing techniques to test mosquitoes for Zika. Southern Command is offering voluntary relocation out of affected areas to all pregnant DoD employees and beneficiaries, and all Army medical facilities have been notified of the concerns surrounding Zika infections and are prepared to assist patients who may have been infected.  
The Armed Forces Pest Management Board recommends wear of permethrin-treated uniforms/clothing, use of approved insect repellent and removal of standing water that may serve as mosquito breeding sites to prevent bites.  
*(Editor’s note: Frady works with Army Medicine.)*



# Sleeping tips offered to gain some nighttime ZZZs

MEREDITH M. DODD  
Army News Service

Sleep Awareness Week in March is a time to tackle the epidemic no one talks about: lack of sleep!

Researchers noticed that military members undergoing basic training or enrolled in the U.S. Military Academy at West Point who slept approximately five hours per night encountered sleeping problems – a trend on the rise since 2000.

### Importance of sleep

Lack of sleep can interfere with concentration, alertness and decision-making; increase negative emotional symptoms associated with depression, panic and trauma; and increase the likelihood of obesity.

The Performance Triad, which is sleep, activity and nutrition, recommends that you snooze for at least eight hours per 24-hour period.

### Help yourself to some sleep

Not getting enough sleep? Not sleeping well? Do not fret. There are many things you can change to naturally increase the amount and quality of your sleep.

**Environment.** Making changes to your environment is first. It is best to sleep in a quiet, cool, dark place, if possible. Excess noise and light can re-energize your body, which makes it more difficult to sleep.

Having a colder temperature helps put your body into a “hibernation” mode that encourages deep sleep. Using a fan, a white



Photo courtesy of 8th Army

**Army sleep specialists discourage looking at the clock while sleeping. By removing distractions, people can turn their bed back into a place to sleep.**

noise machine, earplugs, blackout curtains or a sleep mask can help achieve optimum sleeping conditions.

**Evening intake.** Avoiding caffeine, nicotine, alcohol and big meals one to three hours before bed can make your sleep more restful.

**Daylight helps.** Getting enough natural light during the day and avoiding naps can help strengthen your sleep-wake cycle so you are tired at night.

**Bedroom habits.** Using the bed/bedroom for only sleep-related activities can help your body associate those areas with sleep. If you are constantly working on your laptop in bed, for instance, and dealing with work stressors, your body will remember the stress and asso-

ciate it with that location, making it more difficult to sleep well.

Similarly, maintaining a bedtime routine that works for you will help your body gradually prepare for sleep, since it can start to predict that a good night’s rest is coming up.

If insomnia creeps up on you, do not force yourself to lay in bed worrying about when you will actually go to sleep. Just get up, do something else and try again when you start to feel sleepy.

### Army resources

There are many Army resources that you and your family can use to help catch up on some well-earned ZZZs. The Performance

Triad, rolling out enterprise-wide, has excellent resources to help with sleep, including a free app for smartphones. Just search “Performance Triad.”

Army Wellness Centers, located at 27 different installations worldwide, are specially trained to help with sleep assessment, education and coaching.

If you suspect you might have a sleep disorder or have many sleepless nights, seek assistance from your primary care manager. It is much easier to stop problems in their infancy than to treat them once they have magnified.

Make sleep your priority this month. Using these sleep tips can lead to a healthier, happier, more alert you.

### Army Wellness Centers

The U.S. Army Health Clinic-Schofield Barracks has opened an Army Wellness Center at Bldg. 647, 156 Lewis St., next to the Sgt. Smith Theater.

Hours of operation are Mondays through Fridays from 7:30 a.m. to 4:30 p.m. Staff training is 1-3 p.m., Thursdays. For more details, call 655-1866.

Also, check out the Army Public Health Center’s (Provisional) Health Promotion and Wellness portal at <http://phc.amedd.army.mil/organization/hq/dhpw/Pages>.



# Learn not to snooze on getting enough rest

TRICARE  
News Release

Beginning March 6th, the National Sleep Foundation began celebrating Sleep Awareness Week, the annual week to raise awareness regarding the health benefits of sleep.

When you don’t get enough sleep it affects your health, mood, productivity and more.

### Options

Talk to your health care provider if you are having trouble sleeping. The provider can help determine if you’re having a short period of restlessness, if you have a sleep disorder, and may share helpful tips to improve your sleep habits.

If it’s determined that a sleep study is necessary, you must be referred to a sleep disorder center by your doctor in order for TRICARE to cover a sleep study.

TRICARE also covers home and portable sleep studies as an alternative to an in-facility study for the diagnosis of obstructive sleep apnea in an adult when certain criteria are met. Check with your regional provider for details.

You should try to get seven to eight hours of quality sleep every 24 hours. Research shows that after only one day without sleep, even young, healthy service members lose 25 percent of their ability to think clearly.

### Podcasts

For more information about how much lack of sleep affects you, including how much you really need, visit the National Sleep Foundation’s website at [get.smarter.com](http://get.smarter.com).

Listen to the latest TRICARE podcasts at [www.tricare.mil/Resources/MediaCenter/Podcasts/Archives.aspx](http://www.tricare.mil/Resources/MediaCenter/Podcasts/Archives.aspx).



Courtesy photo

**Soldiers should get appropriate rest to function at an optimum level.**



# Antibiotics use decreases long-term effectiveness

KAREN PHILLIPS  
Army News Service

FORT LEE, Va. — Nearly two million people in America are infected with bacteria that antibiotics can no longer treat, according to the Centers for Diseases Control and Prevention.

In one recent study conducted by the National Health Care Facility Accreditation Group, the Joint Commission, only 5 percent of 796 health providers surveyed said they would never prescribe antibiotics unless they were certain they would be effective. That means 95 percent of health providers are doing so in as many as 49 percent of their cases.

"I have had full-on arguments with people about antibiotic resistance and why I would not (prescribe) an antibiotic for their viral cold," said

urgent care physician Dr. Anna Julien in a recent article found on Healthline.com. "Generally, as soon as I tell them antibiotics are ineffective against a virus and a waste of money, they calm down."

**Faith in self-healing**

"For some reason," Julien noted, later in the article, "Faith in the body's natural ability to heal itself has waned, and everyone believes an antibiotic is the only possible cure that could help."

Taking an antibiotic when you shouldn't kills good bacteria, and it can cause more problems because the body can become resistant to the drug. Put another way, it makes the individual more prone to other illnesses and increases the likelihood of antibiotics being less effective or in-

effective later on when treating a possible illness or injury where the drug would not only be effective but possibly lifesaving.

**Self-health tips**

Health care providers and beneficiaries can help prevent the spread of antibiotic resistance by doing the following:

- Remembering viral infections, sinus problems, most ear and sore throat infections, acute bronchitis, cold and flu cannot be cured by antibiotics. This fact applies to children as well as adults.
- Regularly practicing good hygiene habits like frequent hand-washing to reduce the spread of many illnesses and diseases.
- Carefully considering the length of time over

which antibiotics need to be taken and the possible side effects.

- Asking the question, "Could I get better by letting the infection run its course without taking an antibiotic?"
- Avoiding "self-medication," by not taking antibiotics that have been prescribed to other individuals.

Remember also, if the doctor prescribes an antibiotic, use all doses as directed, even if you feel better after a few days. This method reduces the chance there will be bacteria left in the body that could potentially become resistant to antibiotics.

*(Editor's note: Phillips is a registered nurse with Quality Management, Kenner Army Health Clinic, Fort Lee, Va.)*

## Festival: Events for all ages to be offered

CONTINUED FROM B-1

•**Aloha Dance Convention, Hawaii Convention Center**  
*Saturday, March 12, 6:15 to 8:30 p.m.*

Don't miss Hawaii's biggest dance competition showdown. The Aloha Dance Convention showcases up to 20 talented dance teams from around the world. The opening act will feature performances by professional dancers and unique routines from Japan. Admission is free.

•**Honolulu Rainbow EKIDEN Relay Race**  
*Sunday, March 13, 9 a.m.*

The Honolulu Rainbow EKIDEN relay race will feature teams of three to five runners taking turns running along a scenic 5-kilometer route in Kapiolani Park and Diamond Head until five legs of the relay are complete. The EKIDEN long distance relay racing has been a tradition of Japan for more than 90 years.

•**Taste of Local**  
*Sunday, March 13, 10 a.m. to 2 p.m.*

Following the Honolulu Rainbow EKIDEN, the WaikiKitchen, Taste of Local, will be hosted in Kapiolani Park. The food festival features a wide variety of local favorites, including plate lunch vendors, local style food trucks and treats from some of Hawaii's gourmet restaurants.

•**Waikiki Grand Parade**  
*Sunday, March 13, 4:30 p.m.*

The Waikiki Grand Parade will feature entertainment from nearly 70 festival groups and performers from throughout the Pacific and Hawaii as they sing, dance and stage cultural demonstrations on Kalakaua Avenue. The parade will also feature marching bands and floats, highlighted by the fire-breathing dragon Dai-jayama.

•**Nagaoka Fireworks Show**  
*Sunday, March 13, 8:30 p.m.*

The Honolulu Festival will conclude with the spectacular Nagaoka Fireworks Show, creating a brilliant cavalcade of colors and lights over the skies of Waikiki. The fireworks will be shot from barges positioned at the midpoint of Waikiki Beach between the Royal Hawaiian Hotel and Sheraton Waikiki.

## Classes for patrons

HONOLULU — Tripler Army Medical Center's OB/GYN outpatient clinic offers a variety of classes for beneficiaries.

Classes range from prenatal care to breastfeeding, a labor and delivery area tour, a childbirth education class and a class on siblings.

The OB/GYN classes are offered throughout each month on specific days of the week. To schedule a class, contact Tripler's central appointment line at 433-2778.

Visit Tripler's OB/GYN at [www.tamc.amedd.army.mil/offices/obgyn/obgyn.htm](http://www.tamc.amedd.army.mil/offices/obgyn/obgyn.htm) to learn more about these classes.



# TAMC TIP

